

Keep your kids interested in fitness & make it fun!

WANTED!



The Bridgewater Recreation Department needs your help!

We are looking for members to join our sub-committee for "Youth in Motion". This committee will be part of the Mayors Wellness Campaign across New Jersey.

Childhood obesity is the fastest growing health crisis in America. Extra weight in youth can lead to a lifetime of health issues, including diabetes, heart disease and hypertension. The Youth in Motion section of the wellness campaign is designed to help communities implement programs for children that promote wellness through good nutrition and physical activity.

We are looking for parents in Bridgewater Township who have children not involved in sports/teams & would like to see their child participate in new activities other than watching TV. Our goal is to find a variety of different activities to be offered to provide children with an opportunity to learn new sports or life skills in a safe, fun, non-competitive environment, away from TVs, video games and sedentary lifestyles.



Interested? Call or e-mail the Bridgewater Recreation Department to be part of this extraordinary program!

Office Hours - Monday—Thursday 9am to 5pm & Fridays 8am to 5pm.
(908) 725-6373 or recreation@bridgewaternj.gov

Bridgewater Recreation Department
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Promote Activity Not Exercise!